



Lopez Island Senior Signal

Woodmen Hall

April 2020



Happy Spring Everyone!

Who would have predicted a month ago that we would be in this situation?

I hope that all of you are at home keeping busy and safe. As of the writing of this newsletter, there is one confirmed case of COVID-19 on Lopez Island.

All classes and activities at Woodmen Hall have been postponed at this time. Therefore the menu and calendar have been removed to make room for some articles that I hope you can use.

Please know that you are in our thoughts and prayers at this difficult time. The kitchen crew and drivers are working hard to make sure that Meals On Wheels deliveries keep going. If you know of anyone who could use our services please have them call. We miss you and look forward to seeing you again soon.

Roni Becker Wilkie
Senior Services Specialist

Tips to Help Overcome Stress

It is important to understand your stress and learn how to overcome it in order to live a healthy life. Figuring out new stress management techniques can help you identify when stress is coming on and how to cut it off at the pass. Here are some ideas to help manage your stress:

1. **Exercise**—Whether you are taking a long walk or going for a jog. Hitting the pavement when you feel stressed is an excellent way to release tension. Swapping out the toxic hormones that stress releases into your body with happy-inducing endorphins will not only perk you up, but also provide the clarity of mind needed to find a solution.
2. **Friends**—The friendships you've made over the years can be a great resource for you when you are stressed out. Friends can provide you with a shoulder to cry on, an ear to listen, or an insightful brainstorm session for problem solving.
3. **Meditation**—Buddhist monks have incorporated a regular meditation practice into their lives for centuries, and for good reason. Meditation is a great way to help slow your heart rate, calm your mind, and keep you stress-free.
4. **Prayer**—The power of prayer has helped people work through problems both big and small for thousands of years.

Source: <https://www.bayalarmmedical.com/medical-alert-blog/stress-management-for-seniors-checklist/>



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Lopez Island Senior Center

Lopez Island Senior Center
 4102 Fishermen Bay Rd (PO Box 154)
 Lopez Island, WA 98261
 Phone: 360-468-2421
 Fax: 360-468-3021
 Hours: Tuesday - Friday 9am- 3:30pm
 Email: ronib@sanjuanco.com

Senior Services Staff

Barbara LaBrash, Human Services Manager
 Roni Becker Wilkie, Senior Services Specialist
 Gail Leschine-Seitz, Aging & Family Case Coordinator 360-370-7528
 Ken Lloyd, Cook

Nonprofit Status

The Lopez Island Senior Services Operations Committee operates as a 501(c)3 so donations are deductible within the limits of the law.

Operations Committee

Carl Bender - Chairman
 Vacant - Vice Chairman, Operations
 Carol Jones, Treasurer
 Carl Bender - Water
 Barbara Andrews - Member at Large
 Mary Ann Riggs-Member at Large/NWRC
 Holly Lovejoy-Secretary
 Karin Gandini - Senior Events and Activities
 Patty Ward - Friends of Woodmen Hall
 Barbara Jennings-Friends of Woodmen Hall

Operations Committee Meeting

Lopez Island Senior Services Advisory Committee meets the first Tuesday each month (unless changed due to holiday) at 10am at Woodmen Hall. Meetings are open to the public. Consider attending one or more meetings to find out what is happening with Senior Services. Bring ideas, suggestions and concerns. You are welcome!

Newsletter

The *Senior Signal* is published by Lopez Island Senior Services and distributed free at the Senior Center and by mail. Mail submissions to PO Box 154 or email to ronib@sanjuanco.com by the 5th of each month for the following month's issue. The newsletter is also available at www.woodmenhall.org.

Respite Care

A reminder to those of you who are unpaid care givers of a friend or family member. Respite care is available for up to 13 days a month at Hamlet House in Lopez Village if space is available, or on the mainland. The rate paid is based on the monthly income of the person receiving care. It is a sliding scale, and Northwest Regional Council pays the difference from the Respite grant they receive from the State of Washington. This program allows the caregiver to have a break from caregiving, which is necessary for them to remain in good emotional and physical health. If this sounds like something you would benefit from please call Senior Services at 360-468-2421.

Meal Service - Lunch**Home Delivered Meals Only at this time.**

Wednesdays and Fridays. **Suggested donations** - \$5 for seniors, \$7 for those under 60. Home delivered meals to homebound seniors on lunch days. Delivery time depends on the number of persons on the route that day.

Durable Medical Equipment

Lopez Island Hospice & Home Support provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 10am-12noon and 1-3pm Monday through Thursday; 360-468-4446.

Free Taxi to Island Hospital and Clinics

Island Hospital has contracted with Mert's Taxi (360) 299-0609 in Anacortes to transport people (round trip) from the ferry in Anacortes to Island Hospital and, or one of their clinics. Call Mert's the day before your appointment and you will be met at the ferry. Be sure to check with your clinic and make sure they subscribe to this service. See Page 4 for information on transportation to Peace Island Health Hospital in Friday Harbor.

Renting Woodmen Hall-Postponed at this

time. If you are interested in renting Woodmen Hall please call the building rental phone number (360)-468-3092 and leave a message. The voice mail is checked daily. You may also email Roxy Webb at rwebbwh@gmail.com

Foot Clinic-Postponed at this time.

Is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Rose at 360-317-3123. First Monday of the Month. By appointment only.

Important COVID-19 Information

Washington State residents are under a statewide “Stay Home-Stay Healthy” order. Only those providing essential services should be going to work and/or travelling. Staying home is the best way to keep yourself and others healthy and help prevent the spread of the coronavirus COVID-19. Here are some guidelines:

Take actions to reduce your risk of getting sick:

- Wash your hands often and avoid touching your face.
- Stay home except to get essential medical care or supplies. Online ordering options are available for groceries and medications. Contact Senior Services or your local Family/Community Resource Center if you need assistance ordering and/or delivering food and medication supplies.
- Clean all high-touch surfaces—doorknobs, cupboard handles, countertops, toilets, water faucets, etc.—daily, with a disinfectant cleaner such as bleach and water, allow to air dry.
- Avoid sharing personal household items as much as possible.
- If you go outside for fresh air, maintain social distance (6 feet minimum distance from others).

What to do if you get sick:

- Stay home and call your doctor. Tell them you may have symptoms of COVID-19.
- Follow care instructions from your healthcare provider and local health department.
- Separate yourself from others in your home and limit contact with pets and animals.
- Stay in touch with others. You may need to ask for help. If you don't have family or friends to assist you, contact Senior Services for assistance with groceries and medications, and/or Meals on Wheels services.
- If you develop emergency warning signs for COVID-19 or any other medical emergency, call 911 and get medical attention immediately. Emergency warning signs include, but are not limited to:
 - difficulty breathing or shortness of breath
 - persistent pain or pressure in the chest
 - new confusion or inability to arouse
 - bluish lips or face
 - consult your medical provider for any other symptoms that are severe or concerning

Please visit www.sjccovid.com—San Juan County's COVID-19 webpage—and the Health & Community Services Facebook page www.facebook.com/SJCPUBLICHEALTH regularly for up-to-date information and important resources including information on the state and county orders and information for vulnerable populations.

Stay home and stay healthy everyone!

San Juan Islands and Washington State Stay at Home Orders

On Monday, March 23rd, Washington State Governor Jay Inslee issued a “Stay Home-Stay Healthy” proclamation, an order for all of us to limit our daily exposure due to COVID-19. Also, on March 25th, the San Juan County Health Officer issued an order restricting some activities in San Juan County to better fight the COVID-19 virus.

Our state Governor and local Health Officer are reinforcing what health experts the world over are telling us. We need to stay at home and we need to avoid contact with others.

What do these orders mean for the San Juan Islands? What is allowed:

- You can still go to the store for groceries
- You can still go to restaurants for take out orders
- You can go to the pharmacy
- You can go to medical appointments
- You can go out and get exercise

We all need basic food and supplies to stay safe in our homes. Services that will most likely still be available include:

- Grocery Stores
- Pharmacies
- Banks
- Gas Stations
- Hardware stores
- Restaurants, food services offering TAKE OUT only and NO indoor or outdoor seating
- Washington State Ferries (Winter Schedule service is extended through April 28th)
- Garden stores and nurseries that support food cultivation and production
- Office supply stores that support working-from home
- Home appliance retailers

Travel to grocery stores and food banks, pharmacies, gas stations, urgent or emergency medical care, caring for an elderly or sick family member, and travel to work for essential personnel are allowed.


For more info, visit the San Juan County COVID-19 webpage: <https://www.sanjuanco.com/DocumentCenter/View/20043/Stay-at-Home-Orders-FAQ>

A dear friend shared this piece of writing with me. May it inspire you in some way.

- written by an anonymous historian -

-- And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed --

For the latest details on the COVID-19 response in our county, please visit the County website at: www.sjccovid.com

 **American Red Cross**
We are actively trying to recruit more volunteers. If you know of anyone who may be interested, please have prospective volunteers call 425-238-3349 or email JoinUsNW@redcross.org.

2020 Census—Remember to Respond!

The 2020 Census is happening now. Help shape your future, and your community's future, by responding to the 2020 Census. You can respond online, by phone, or by mail. Official Census Bureau mailings are being sent out now and will include detailed information for completing the Census online.

Staying Connected

Social distancing can make you lonely. COVID-19 is a challenge for everyone. We know positive social support can improve our capacity to cope with stress. But right now we're being asked to keep our distance from others to minimize the spread of the virus. Here's how to stay connected when you're stuck at home.

Supporting each other

Research shows a period of uncertainty and a lack of control in our daily lives can lead to increased anxiety. In times like this, it's essential we support one another and show compassion to those who need it. This is a shared experience that's stressful for everyone—and we don't know how long it's going to go on for. Positive social interactions—even remotely—can help reduce loneliness. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

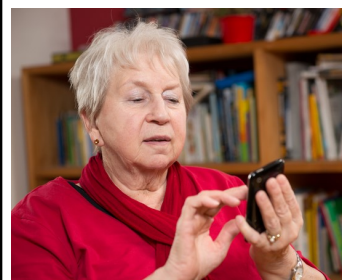
Staying connected

Here are some tips to remain connected when you're practicing social distancing or in quarantine:

- Think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbors from over a fence or across balconies? We've seen this in Italy
- If you have access to it, use technology to stay in touch. If you have a smartphone, use the video capabilities (seeing someone's facial expressions can help increase connection)
- Check in with your friends, family, and neighbors regularly. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the internet or who cannot easily use the internet to shop online)
- Spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships.

Manage your stress levels. Exercise, meditate, and keep to a daily routine as much as you can. It's not just family and friends who require support, but others in your community. Showing kindness to others not only helps them but can also increase your sense of purpose and value, improving your own well-being.

If you have challenges with technology but would like to explore video chatting and need some direction on that, call Gail Leschine-Seitz at (360)370-7528. We have college students who can give directions by phone on how to use your technology.



Or, if you'd like to be part of a senior buddy system by phone or have a weekly call from one of us, call one of our senior service staff members and let them know.

Source:
The Conversation.com

Some things to do while you stay home:

- Spring cleaning—organize your kitchen, closets, bathrooms, garage.
- Read books and magazines, do puzzles, play games.
- Connect via phone, snail mail or modern technology with family and friends both near and far.
- Plant flowers or vegetables in the garden.
- Finish an art or craft or house project... or start a new one.
- Binge-watch a new TV show.

The Lopez Operations Committee

As a result of the seriousness of the coronavirus outbreak, representatives of the county and senior centers met by teleconference and made the decision to close the senior centers for any senior sponsored meetings and events. That means the Saint Patrick's Day dinner and Bingo for March were both cancelled. Watch our display board for any other cancelled activities. The Saint Patrick's Day dinner was a big fundraiser for us and we will be searching for other ways to make up the loss.

Roni and I will be meeting with a representative of a transportation group from San Juan island who is interested in starting up a not for profit off island ride program. Should be an interesting meeting. Additionally, we are involved with the three island corporation in updating the bylaws and other corporation paper.

We had another leak with the water chlorine system. The chlorine has corroded the connectors and hoses and it appears to be one leak after another. Result is we have looked into replacing the hoses and connections. We are also moving on the roof leak. We have bids from three roofers and should have repairs started soon. Other items on our list are repair or replacement of the steam table and of the Bingo equipment.

Roni and I are discussing having a training session for greeting people and taking money at lunch. We have lost several people who had been trained and we have a need. Anyone interested in helping should contact either myself or Roni. It requires about an hour before lunch. We are in desperate need of someone to manage the Bingo games. It takes about three hours a month and occurs on the last Saturday of the month. Anyone interested in either of these activities, please contact either Roni or myself.

Carl Bender, Chairman
Lopez Operations Committee

The Benefits of Gardening for Seniors

- **Physical activity**—Planting, pruning and watering give seniors moderate daily exercise that can improve their flexibility, coordination, muscle and cardiovascular health, and general physical wellness.
- **Pain reduction**—Staying busy in the garden can keep seniors' minds off their physical aches and pains and keep their minds off their troubles. Being in nature—as well as having something constructive to do with their time—helps reduce stress and promote relaxation.
- **Socialization**—Gardening creates **necessary social opportunities** for both those who tend to the beautiful plants as well as the people who enjoy their beauty. Right now, by phone of course. :)

Source: Bethesda Health



Happy Earth Day!



April 22nd is the 50th anniversary of Earth Day, an annual event celebrated around the world to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinat-

ed globally by the Earth Day Network in more than 193 countries.

The theme for Earth Day 2020 is climate action. The enormous challenge—but also the vast opportunities—of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

Although COVID-19 will impact Earth Day events around the globe, we can still take action on our own. Now is a great time to think about how you personally can reduce, reuse, recycle, replenish, restore and help keep our home—planet Earth—healthy.

Visit www.earthday.org for more information and ideas. Happy Earth Day Everyone!

Skillet Meal Master Recipe

Makes 4 to 6 servings

Now is a great time to make meals that mix and match proteins, grains and vegetables that you have on hand. You can use a regular or cast iron frying pan, wok or electric frying pan. Choose a protein, grain, and one or more vegetables.



Protein: Use ½ to 1 pound raw meat OR use 1½ cups of cooked or canned meat, fish, poultry, or beans. Choose from: ground beef, ground or chopped turkey or chicken, chopped pork or beef, cubed

ham, shrimp, canned tuna, salmon, or mackerel, canned kidney or pinto beans.

Vegetables: Use 1½ to 2 cups of vegetables. Choose from: carrots, peas, corn, green beans, broccoli, spinach, bok choy, cabbage, mixed vegetables, celery, bell peppers.



Grains: Choose an uncooked pasta or whole grain such as 1 cup of pasta of your choice such as tortellini, macaroni or penne, ¾ cup rice, 1 cup bulgur, or 1 cup barley.

Sauce: Use 2 cups of water or 1 cup low-fat milk. To thicken, add 1 tablespoon cornstarch or 2 tablespoons flour. For flavor, choose a combination of herbs and spices (to taste).

Instructions:

- Cook meat—if necessary—and drain fat.
- Combine all ingredients in a large skillet.
- Season to taste. Add salt, pepper, teriyaki or soy sauce, onion flakes, garlic powder, or other herbs and spices.
- Bring to a boil. turn heat to low. Cover pan and simmer for 20-30 minutes or until pasta or grain is tender. Stir occasionally to prevent grain from sticking. ½ to 1 cup of cheese may be stirred in at the end of cooking.



Leftovers can be refrigerated and used for lunch or dinner the next day.

Don't forget to write down your own favorite combinations so you can make them again, or share them with friends!



Coping with Anxiety and Stress

It will be important to keep ourselves physically and mentally healthy during these times of heightened stress and anxiety. You may be experiencing fear and worry; it can manifest in

many ways. There might be changes in your sleep or eating habits and/or increased use of alcohol. **Focus on supporting yourself and your loved ones.**

- Limit your time on social media or the news. Pay attention to trusted websites to stay informed. The County webpage has up-to-date important local information and resources, as well as links to important state and national information: www.sjccovid.com.
 - There might be some BIG feelings, these too shall pass. What works best for you? Whether it is taking deep breaths, yoga, or aerobic exercise, understand what calms you and supports relaxation.
 - Take care of your body, eat healthy, get plenty of sleep. We are fortunate enough to live in a place where we can get outside and take in fresh air while keeping our distance from others.
 - Set aside time to relax, do activities you enjoy, get your hands in the dirt or get creative with art or crafts, create opportunities for joy.
 - If at home, make a schedule and keep yourself busy.
 - Connect with others, talk with people you trust about your concerns and how you are feeling. Have you downloaded Zoom yet? It is a good way to connect virtually with friends that you can't visit right now.
 - If you need help, reach out to a friend or neighbor. We're all experiencing the same physical and emotional issues, and one of the things that can help us the most is the feeling that comes from our community. Our islands will weather this storm as we have many times in the past: *together*.
- If you or a loved one is experiencing increased anxiety, depression and/or isolation as a result of the COVID-19 virus, please don't hesitate to reach out to the following help lines:

• **Emotional Support Help Line (1-866-342-6892):** Connects people with caring professionals. Service is free of charge and available to anyone, 24 hours a day, seven days a week. For additional information, see <https://www.optum.com/covid-19/covid-19-emotional-support.html>.

• **Washington Warm Line (1-877-500-9276):** Peer support help line for people living with emotional and mental health challenges. For specific information on COVID-19 related needs, see <https://mhanational.org/covid19>.

Community Services and References



Home Delivered Meal Service

Due to COVID-19, we are only delivering meals to those in need. No lunches are served at Woodmen Hall/Senior Center at this time. Please contact San Juan County Senior Services Specialist **Roni Becker Wilkie** at 360-468-2421; ronib@sanjuanco.com if you are in need of home delivered meals right now. Meals are delivered on Wednesdays and Fridays.

Tell Us What You Think...

Senior Services has a feedback survey for you to fill out to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. The surveys are available at the Lopez Senior Center-Woodmen Hall, or you may contact Roni at 360-468-2421; ronib@sanjuanco.com to request a copy.

The best way to be happy is to turn the negatives into positives. Don't let anyone steal your joy, and be thankful for what you have.

Some of these services may not be available at this time due to COVID-19

Lopez Island Hospice and Home Support referrals. Trained volunteers to help support members of the Lopez Island community that are dealing with temporary, chronic or terminal illness. Also a resource for medical equipment. Call Senior Services (360)468-2421 or Lopez Island Hospice and Home Support (360)468-4446.

Information & Assists: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Referrals to Medicaid, Island Hospital Home Health and Lopez Island Hospice and Home Support case management are available to assess and offer options for those in need.

Respite: Please call the Senior Services Office at 360-468-2421 for more information. Up to 13 days a month subsidized time off for family care givers.

Island Hearing:

Please call for appointment Stacie Nordrum 360-378-2330 or islandhearing@gmail.com

SAFE San Juans: Provides domestic violence and sexual assault services to survivors and their loved ones; (360) 468-3788. SAFE San Juans also has a 24-hour crisis line on each island. On Lopez call 360-468-4567.

HELP IS JUST A CALL AWAY

Life-line—Emergency Monitoring Service: Telephone monitoring gets you help within three minutes when you need it. **1-800-543-3546**

Lopez Island Hospice and Home Support : (360) 468-4446 In home support by trained volunteers. Also medical equipment such as walkers, toilet raisers, and more.

SHIBA: Medicare and health insurance questions. Call Mac Langford at (360) 468-4015

DSHS: Low income assistance (360) 378-6504

Weatherization and Basic Food Program Assistance: Family Resource Center (360) 468-4117

Social Security: 1-800-772-1213

Medicare: 1-800-633-4227

Veteran's Administration: (360) 370-7470 or

San Juan County Veteran's Assistance Program: veterans@sanjuanco.com

Family Caregivers Support Group: Third Thursday from 1:30-3:00 at Woodmen Hall (360)-468-2421

Loss Support Group: Call Hospice and Home Support Office (360) 468-4446 for meeting time.

Hamlet House : Adult Family Home in Lopez Village (360) 468-3800

Suicide Hotline for Veterans: 1-800-273-8255

Community Wellness Program: Offers mental health service to seniors Family Resource Center

LHEAP Program: energy assistance program (360) 468-4117 Family Resource Center

Crisis Hotline: 24 hr. 800-584-3578 WA Relay:800-833-6384 www.imhurting.org

Lopez Family Resource Ctr. (360)-468-4117



Don't forget to get some fresh air and soak up some sunshine!

During difficult times like our current COVID-19 pandemic, there is a growing consensus that nature has many physical, mental, emotional and social health benefits. Even though many of our parks are closed right now, you can still step outside to take a short walk around the neighborhood or in a park that is still open (while maintaining social distancing)... or at least sit outside to soak up some spring sunshine and get a vitamin D boost!

When you are outside, take a deep breath of fresh air. Is it refreshing, calming, energizing, invigorating? It may be easy to think of how you expect



these to feel, but when did you last take time to actually engage? Are you closely observing spring's blooming flowers? We live in a breathtaking part of the world so take some time to observe our amazing surroundings, knowing that spending time in nature improves our outlook and specifically demonstrates benefits for symptoms relating to anxiety and depression.



Or Current Resident

Bulk Rate
Non-Profit
U.S. Postage
PAID
Permit #15
Lopez Island, WA
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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY